

CARERS

News

Spring 2021

Wellbeing Special
Helping Carers look after
their health and wellbeing

Plus.....

Staying Connected with the Young Carers and
their creepy visitors

A look at the Changes Ahead Project

Upcoming Events, Groups and Workshops

And much more...

Brought to you by:



www.carershub.co.uk/news

The Carers Hub is a dedicated website
and phone line for unpaid carers
across Brighton & Hove

Website
carershub.co.uk

Phone
01273 977000

Email
info@carershub.co.uk

Twitter:
@carershub

Facebook:
/brightoncarershub

The Carers Hub is operated and managed
by The Carers Centre for Brighton & Hove
Please contact 01273 746222

Welcome to our

Spring Edition.....

Hello and the warmest of welcomes to the
Spring Edition of Carers News.

In this issue:

Looking after our Health and wellbeing with
the Healthy Lifestyles Team . We also drop in
on the Carers Introduction to Meditation
Workshop, and keep an eye out for all of our
brilliant upcoming wellbeing groups and
activities on page 17.

We catchup and stay connected with the
Young Carers, who have been busy with lots
of wonderful activities, including a few
creepy visitors.

We take a look at the Changes Ahead
Project, for friend and family carers
supporting someone with a mental health
condition.

Catch up with all the goings on at The Carers
Centre in our Carers Centre News and Carers
Engagement Sections as well as some
brilliant upcoming peer support groups,
activities and workshops.

Hope you have a fantastic Spring and see
you next time...

For all enquiries please email
info@thecarerscentre.org

For up to date news stories for carers visit
www.carershub.co.uk/news

Dear Carers and Supporters,

Spring has sprung and we are delighted to be moving towards an exciting summertime. Many of you will know that we have resumed some in-person 1:1 support sessions for carers and some pre-booked group events in outdoor settings. Hopefully, as pandemic restrictions relax further, we will be able to resume other important groupwork such as drop-ins along with appointments indoors and home visits. Please keep an eye on www.thecarerscentre.org for the latest updates.



The charity's biggest single effort during the last quarter has been our work to ensure that as many carers as possible receive their Covid-19 vaccination invite. To date, well over 1000 carers who had not previously been invited due to their age group, now have thanks to our team's efforts.

For any carer reading this, you can still gain access to a priority vaccination invite by registering with our service via <https://carershub.co.uk> or if you are already registered by calling 01273 977 000. With your permission, we will then share your information with the NHS.

As our Engagement Lead Steve outlines in this issue of Carers News, we have recently completed an important round of consultation with carers. As well as the NHS engagement work, we have also been gathering feedback from our Carers Voice and Young Carers Action Groups on two important documents. Those being a new Carers Centre Business Plan and Fundraising Strategy. We value the input of all that participated and look forward to launching both at our AGM in July.

On that note, existing Carers Centre Members should keep an eye out for the post as we will be sharing details about the AGM (provisional date July 15th 2021) along with membership renewal information. If you are interested in becoming a Carers Centre Member, please contact info@thecarerscentre.org to find out more.

I wish you all a happy and prosperous spring and look forward to seeing you soon!
Tom

Small Changes can make a big difference...



There has never been a better time to look after our health. If you want to start taking some small steps towards improving your health, the Healthy Lifestyles Team at Brighton & Hove City Council are here to help.

In the past year over 2000 people have received free support from the Healthy Lifestyles Team to make healthy changes by:

- Stopping smoking
- Increasing physical activity
- Getting to a healthy weight
- Eating a healthy diet
- Drinking less alcohol

If you'd like to start making some changes to improve your health, the team provides a wide range of free specialist support to help you make the changes most important to you and your family.

Support available includes [free one to one support from a Health Trainer](https://www.brighton-hove.gov.uk/health-and-wellbeing/support-be-active/support-health-trainer), <https://www.brighton-hove.gov.uk/health-and-wellbeing/support-be-active/support-health-trainer>

Award winning free weight management support from our partners Beezee Bodies and a range of fun, beginner friendly online physical activity classes to help you keep active at home.

To find out more and to talk to us about the changes you want to make:

Sign up for support online

www.brighton-hove.gov.uk/health-and-wellbeing/support-improve-your-health/sign-support-healthy-lifestyles-team

Or call the team

on 01273 294589

(Monday-Friday 9:00am – 5:00pm).

We are ready when you are.

**Healthy
Lifestyles
Team**





&



Boost your Mood Workshops

During lockdown we have been lucky to have Brighton and Hove City Council's Active for Life team run some wonderful Boost Your Mood sessions over Zoom. Vanessa has joined us once a month to support carers with ways to get gentle movement in their day to improve wellbeing. Vanessa is very passionate about her work and it shines through, throughout each session.



Our Carers have said

"I just wanted to say thank you so much for this morning, please thank Vanessa for her support and the information she gave, She inspired me to walk round the block after the Zoom, first time I've done that for ages!! Thank you again"

"Thank you so much for yesterday's session, in particular for Vanessa's talk. It was so informative and useful, it's a joy to listen to her. I could quite happily listen all day long."

If you would like to join us for the next Boost Your Mood session for carers with Vanessa please get in touch to book your place.

The upcoming dates are

April 29th 2021, 2.30pm—3.30pm

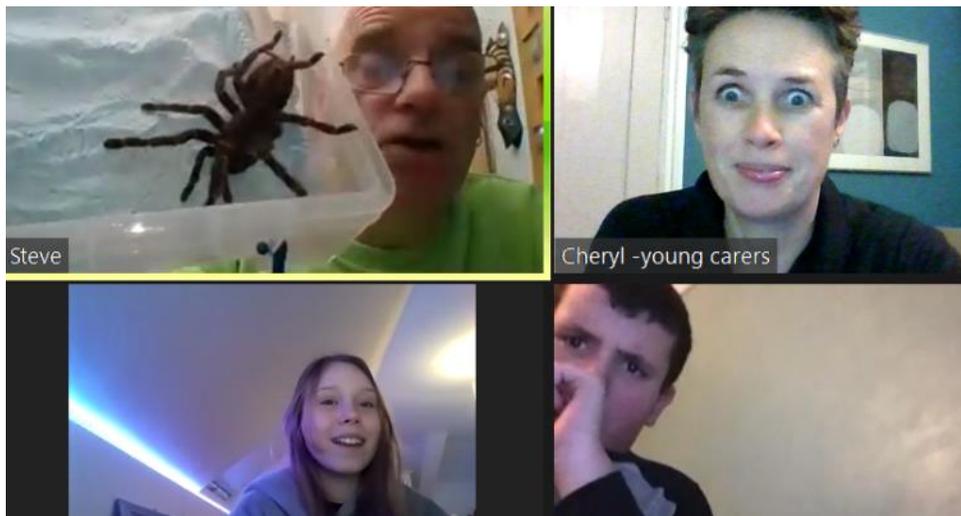
May 19th 2021, 2.30—3.30pm

You can also find out more about the Active For Life team here

www.brighton-hove.gov.uk/content/leisure-and-libraries/sport-and-activity/active-life-project-activities

To find out more about the events, groups and workshops the Carers Centre has on offer please visit our website

www.thecarerscentre.org/events



Staying Connected with the Young Carers

Another lockdown post Christmas has meant more online activities and some boredom buster activity packs for our young carers who aren't so keen on Zoom. Its been such a difficult and strange time for everyone. To keep our spirits up we have had hula hooping masterclasses, art workshops and music lessons. A regular group attends our comic drawing sessions and some amazing artists are emerging. They have received some professional drawing pens and sketchbooks to upgrade their masterpieces. For animal fans we have had Zoom events with keeper Steve from Animazing. Steve usually takes his animals round to schools and colleges but kindly agreed to do special sessions for our young carers over Zoom. He has an amazing collection of creatures from giant toads and snake neck turtles to tarantulas (terrifying- especially when he dropped it out of the box!) to barn owls and a tiny baby hedgehog!. Its been a challenge staying connected when we cant meet up for our usual sessions. Some carers have liked having 1:1 support sessions on the phone or Zoom which has been good. Don't forget you can always contact me to book in one of these ☺

We are hoping we can meet up again in person as soon as its safe but until then we have another block of Ukulele lessons planned (uke and tuners provided!) as well as more art and fitness sessions and some friendship groups. Take care everyone, Cheryl—*Young Carers Support and Outreach Worker*





Animazing Animal Fun

With Lizzie—Young Carers School Worker

In the Easter holidays the primary aged young carers had a virtual visit from Steve the animal keeper at Animazing, who led an animal handling session for us on Zoom. This was a brilliant session and the children thoroughly enjoyed themselves, and so did I! Steve showed us a wide range of animals including a tarantula, bearded dragon, tortoise, tree frog, hedgehog, snake and barn owl. Steve also showed us some new baby rabbits who hadn't been named yet so the young carers came up with Fluffball and Snowball due to their snowy white fur. The young carers had lots of great questions for Steve including, how wide is a barn owl's wing span? (over 60cm or 2 rulers) and learnt what not to feed your pet tortoise (not too much lettuce and other salads due to the high water content!) We finished our morning with an animal themed quiz and the children revealed that they knew lots of animal trivia, and discovered who had the most pets at home. Overall, a great start to the Easter holidays and hopefully the young carers will be able to meet Steve and his animal collection in person one day in the not too distant future!





Making caring visible and valued this Carers Week

7 - 13 June 2021

Carers Week is an annual awareness campaign that celebrates and recognises the vital contribution of the UK's unpaid carers – supporting family members and friends who are older, have a disability, mental or physical illness or need extra help as they grow older.

This year, carers across the country are continuing to face new challenges as a result of the COVID-19 pandemic. Many people are taking on more caring responsibilities for their relatives and friends who are disabled, ill or older and who need support.

They need to be recognised for the difficulties they are experiencing, respected for all they are doing, and provided with information, support and understanding. So during Carers Week, we're coming together to help Make Caring Visible and Valued.

How the Carers Centre are celebrating this Carers Week

Join us here at the Carers Centre throughout Carers Week (7-13 June) as we celebrate the valuable contributions made by all of our Brighton and Hove Carers.

Throughout the week we will be bringing you useful carer related information. Great workshops, fun activities and our coffee and chat session. Due to ongoing restrictions, these will be carried out on Zoom.

Steve (our working carers lead) will be hosting a workshop about Digital Resources available to carers. The Reablement Team are celebrating the first anniversary of their Carers Book Club, and are hosting a 'What is Reablement?' coffee morning.

Keep an eye on our website, in our weekly communications or on our social media for further announcements and details of how you can join in with the celebrations.

We look forward to seeing you there....

www.thecarerscentre.org/carers-week-2021



Carers Centre News

There's a chink of light at the end of the tunnel as they say. It has been a long time coming with lots of restrictions and few people affected more than carers and the people they help.

Thanks to huge effort, the vaccine rollout is progressing at pace and we hope that along with testing and reducing cases we can come out of most or all lockdown restrictions on 21 June. Here at the Centre, we are all looking forward to getting back to running physical meet ups and activities and consider Zoom as just another tool in our armoury rather than the main tool.

We have worked hard to ensure that there is still an active programme of activities though. Indeed, here at The Carers Centre we have increased the number of offerings available, please make sure you are subscribed to our weekly activity sheet or check our events page on the website. (To subscribe to our weekly information and activity sheet, please call Carers Hub on 01273 977000 or visit <https://carershub.co.uk/subscribe/>)

Carer Expert / Carers Voices

Following our meeting in Nov '20 we have now changed the name of the group to "Carers Voice". This is to ensure we don't discourage some carers from joining, as some may not identify themselves as "experts".

For the time being, communications about group meetings will still have the Carer Expert logo attached though this will be phased out as members become used to the new name.

Our February meeting was pushed back to mid March so that we could look at some specific items relating to the Centre's own internal work and I would like to thank everyone that attended and contributed.

The next meeting is planned for July and if possible will be a return to a physical group with a Zoom call as part of the meet up so we can embrace anyone who wants to



attend using either live or digital access. This promises to be a very special return to the group meet up here at the Centre's Bedford Place office, so fingers crossed!

New group members are very very welcome, whether you are new to caring, very experienced or an ex-carer, we need **your voice** to be represented from across all our diverse and wonderful communities. **Email** steve.castellari@thecarerscentre.org to join the group or for more information.



Surveys

Some work we have been conducting on behalf of the Sussex CCG's (Clinical Commissioning Groups) are as I write reaching their initial conclusions. Many of you may have already taken part in the surveys we have run since last summer, (Digital Engagement and Covid-19 Challenges to name only two). A huge thank you to everyone that completes our surveys. Whether you write just a few lines or an in-depth experience, every piece of information is useful. What you tell us helps to shape services; both our own and also from commissioning bodies such as the City Council and the Clinical Commissioning

Engagement with Carers on behalf of the CCG and NHS

From the work we have already completed looking at Covid-19 challenges, we are now completing the initial work on two projects.

As I wrote in the last edition of Carers News, the first of these is a project looking at health inequalities from some of our communities where we believe inequalities exist.

Black and minority ethnic groups, the Gypsy/Roma/Traveller and LGBTQ+ communities are all part of the project.

We were very pleased to be able to award a **£50 Aldi Food Voucher** to our prize draw winner, and a second prize of some toiletries and wellbeing products. Prize draw winners were chosen at random from the attendees of the focus groups.

A second project has been running in conjunction with **Care For The Carers (East**

Sussex) and **Carers Support West Sussex**, to cover the whole of Sussex and culminates in a webinar for carers, held on 24 March and attended by the CCG, NHS and Sussex carers centres representatives.

This project looked at three main themes:

1. how we make carers more visible within healthcare services, 2. what carers think of navigating healthcare and 3. how we move forward while Covid-19 still presents challenges and onwards as we start to overcome these.

With our colleagues in the organisations mentioned above, we ran focus groups open to all carer across Sussex. As with the December focus groups there was a prize draw of a **£50 Amazon voucher (value of one single prize)** which attendees were able to enter, as a thank you from us.

Carers' Experience of Healthcare during Covid-19 Pandemic – Published April

As part of the Sussex Carers Partnership, we were commissioned by the Sussex Clinical Commissioning Groups (CCGs) to undertake a research project to gather the experiences of carers pan Sussex in relation to health and care during the COVID-19 pandemic.

On March 24, the research findings, along

with six carer-informed recommendations, were presented at a webinar, which was attended by carers and key decision makers from the NHS, CCG, and local Commissioning Managers for each county.

<https://www.thecarerscentre.org/research/>

Carers STORIES

We are launching a **new feature** for *Carers News*.

We want to hear your stories. Not only during the pandemic but generally.

Maybe you have a particular experience to share which will help other carers. A funny story, a picture or photo you have taken that means something to you (please tell us the significance), or even a joke that made you chuckle on a gloomy day.



We want to make this an ongoing feature in Carers News, so please send us your stories etc. at any time.

Launching this new feature, we are offering one **£20 prize token** with the winner being chosen at random from the entries received. The stories will be published in the next edition of Carers News. The winner will be notified by us before the edition is launched.

Entries must not contain personal information without the written consent to publish from the individual or group, only one prize will be available for the launch.

Entries can be sent by post or by email to the addresses below.

The prize draws are not available to Carers Centre employees and trustees (or immediate family of these). Other Terms and Conditions apply and can be obtained by writing

to steve.castellari@thecarerscentre.org

or by post to Steve Castellari, The Carers Centre, 18 Bedford Place, Brighton, BN1 2PT

Carers App to stay connected



One item that was mentioned by a number of carers responding to our Digital Engagement survey in the summer of '20, was how useful it would be to have a simple application (app) that would let carers be connected with each other. We are currently evaluating an app that has been produced by another Carers Centre and will update you with more information in our electronic communications.

Translations on our website

Brighton and Hove has a diverse population with English being only one of many languages that are spoken by residents. We are pleased to now have a translation tool on our website page.



Coffee Mornings

Our coffee mornings had to move online due to the pandemic but along with special activities such as Dancing, Chair Yoga, Creative Writing, Book Club and Legal Workshops to name a few, we are continuing to offer you the opportunity to meet up with us and other carers and now have a weekly coffee morning on Wednesdays.

The coffee mornings for people caring for someone with **Learning Disabilities and/or Autism** are now monthly and usually are in the last week of the month.

See page 19 for details of how you can join a Carers Centre group or coffee morning.



For working carers, those seeking to return to work and employers

Coffee evenings have continued on a monthly basis, usually on the last Wednesday of the month in the evening. Where possible we have had a guest speaker to give us an update on the world of work and see how it tallies with carers experiences. If you are interested in attending our working carers peer support group, please do get in touch.



A new service has been launched by **Albion in the Community**, which is designed to help people get back into work. It is not carer specific but applies to all seeking a return to or starting work. You can find details by putting this link into your internet browser www.albioninthecommunity.org.uk/forward-your-career-programme



Since the launch of our Linked-in page in September , we now have over 280 followers and are growing every day. Latest information regarding surveys, workshops, coffee mornings, employer and working carer news and carer/related articles are posted almost every day. Follow us or let your employer know about it if they are connected on LinkedIn. www.linkedin.com/company/the-carers-centre-for-brighton-&-hove-limited/

www.thecarerscentre.org/working-carers



To support carers including working carers, we have added some items to our **YouTube channel** - we are hearing more and more that you like to be able to see video clips of information and to have this available to refer back to at your leisure.

The YouTube channel can be found here:

www.youtube.com/channel/UCg8TNcZvCAFBdmK7D2sX85A

Digital Resources for Carers

We have recently added an explanation and look at the **Digital Resource for Carers (DRC)** which is provided by Carers UK and made available for **FREE** to all carers via Brighton and Hove City Council's umbrella membership. This is a tremendous resource and sign up is simple and shown in the video clip. You only need an email, create a password and enter the access code **BHCC_JT75**



Also new to the channel is a video explaining the **Employers for Carers (EFC)** scheme, which is proving invaluable for so many employers. Again this is provided by Carers UK and available **FREE** to any employer with less than 250 employees in the city via Brighton and Hove City Council.

For larger employers, a rolling scale of charges applies but if you think your employer might benefit from this scheme, regardless of their size, contact steve.castellari@thecarerscentre.org our specialist Working Carer and Employers Engagement Lead. Steve is also available for free consultation with employers on all care related matters including company carer policy, training for managers and hr and how to recognise carers among the companies employees and ensure they are supported.



Working Carers (& Employers) Peer Support Coffee Meet Up 6pm, Last Wednesday of Month via Zoom

Join our friendly group for an early evening cuppa and chat with other working carers, those seeking to return to work and employers.

See page 19 for how you can join our groups and activities.



Changes Ahead

Advice and support to carers of people with a mental health condition

Changes Ahead Outdoor Meetup

Wednesday 31st March at Plot 22

Following on from the successful meetings on October 21st we had planned another Covid-safe, outdoor meetup for January, but unfortunately it had to be postponed due to the third lockdown.

In October, thirteen of our lovely Changes Ahead carers braved the terrible weather, in groups of 4 or 5, to have our first face-to-face meetings for 7 months. It was cold and wet, but all who attended said they appreciated actually meeting in person. It then took another 5 months for us to get together again!

This time we met at Plot 22, a community allotment in Hove, just north of the Old Shoreham Road, near Homebase. It has a covered area, a fire pit and the facility to boil water for hot drinks—so we knew we would be able to stay warm and dry this time!

However the day dawned clear and bright, so we didn't need the fire or shelter. Over the course of the day 20 carers came and met in small groups for an hour at a time. All who attended again said how much they appreciated being able to meet in person, with one commenting in an email 'Just a quick word to say how much I enjoyed, and benefited from our get together on Wednesday, I hadn't anticipated how



much I was going to enjoy it. Very Helpful!' We are planning another get together in St Ann's Well Gardens on Monday 21st June and have booked plot 22 again for Monday 9th August.

If you care for or support someone with a mental health challenge and you would like to join us, please email Jackie and Dora at changesahead@thecarerscentre.org

**For more information please visit our website:
www.thecarerscentre.org/changes-ahead**



Changes Ahead

For
Mental Health Supporters
(Family, Friends, and Carers)

Advice and support to carers of people with a mental health condition through information, one-to-one support, training, wellbeing and peer support.

Changes Ahead is a carer led service set up in 2015, funded by Brighton & Hove City Council now operated by the Carers Centre for Brighton & Hove.

We aim to help family, friends and carers to regain control of their lives and, in turn, promote independence, recovery and a future for the person they care for.

Additionally we provide opportunities for social interaction and self-care with others who are in a similar situation.

“A breath of fresh air, to talk to and be supported by experienced, understanding and genuinely caring people.”

To find out more or to make an appointment

**Please contact the Carers Hub on
01273 977000**

Or email

changesahead@thacarerscentre.org



We offer:

1:1 Support Sessions

in person, over the phone, or via video chat.

Activities and Events

including coffee mornings, community events, days out and much more.

Mental Health Book Lending Scheme

A wide selection of books about various mental health issues available to borrow for up to 4 weeks.

Training and Talks

specifically for Mental Health Supporters (Carers)



Changes Ahead Monthly Coffee Mornings

Usually the second Monday of every month via Zoom. (Please check our event pages for latest dates)

Join us for a coffee and chat from the comfort of your home

An introduction to meditation

A short course for Carers from the Reablement Project

Finding a space to be calm and relax is challenging for anyone, especially if you are a carer.

Over the past month or so, a small group of carers have come together on a Thursday morning via zoom to learn about the advantages of meditation.

Each week, Reablement Volunteer, Brenda led us on a journey through a different style of meditation, from guided, to mantras, to silent. Describing and discussing each style with the group, Brenda then led us through a short sample meditation to try them out.

The group each responded to different methods in their own way, with some preferring a particular style. Meditation with sound was popular in the group with a babbling brook soundtrack accompanying our short meditation.

Dan, the volunteer Co-Ordinator from the Reablement Project also attended and took part.

This was a fantastic group to help run, Brenda was brilliant and the group were very keen and dedicated to learn. Each week we tried out different styles of meditation with varying success. I found it interesting how personal meditation was and how different methods appeal to different people for different reasons. The



course overall was one of the most relaxing things I have ever attended and am now trying to fit meditation in with my daily life.

The carers in the group really connected with meditation and appeared to become more relaxed week on week.

Here is what some of our attendees had to say:

“Will try to make time for meditation because it is important to find a space to calm down and relax for a while.”

“I liked the Mantras.”

“As always, it is the knowledge that it is a “safe” space in the context of us all being Carer’s and thus sharing an understanding of the stresses of our responsibility .”

Based on the success of this short course we are very pleased to be able to offer a new monthly Meditation Session, hosted by our volunteer Brenda.

Please join us if you are interested in meditation or would just like to learn something new.

More details on page 17.

The wellbeing of the carers in Brighton and Hove is always at the top of our agenda. Why not improve your wellbeing by taking part in one of these great new groups.



Back
by
popular
demand

Boost Your Mood Workshop for Carers

Thursday 29th April & Wednesday 19th May, 2.30pm—3.30pm, via Zoom

Get moving with Active For Life. Active for Life are joining us to bring you a Boost Your Mood workshop for carers.

We will look at your wellness routine and the positive effects this can have on our lives.

This session includes gentle chair based exercises and breathing techniques.



Tai Chi & Chi Gong

Monday 7th June, 11am via Zoom, and again on 14th, 21st and 28th June

Join us for 45 minutes of light exercise know as Qi Gong and Tai Chi. These are all about gently moving your body to breathe better, stretch and loosen your joints. You can sit or stand, there is no lying on the floor. The tutor will guide you through exercises you can remember and practice on a daily basis for enhanced wellbeing.



Dancing for Health & Wellbeing

Tuesday 22nd June 2021, 11.15am—12.15pm, via Zoom (then weekly until 27 July)

Rosaria Gracia will be running a weekly dance class for our health and wellbeing. The sessions will cover face yoga, somatic movement (strength, balance & length) and dance from different styles and eras.

Join us and other local carers for a morning of dance and improve your health and wellbeing.

Back
by
popular
demand



Monthly Meditation Group

Every 2nd Thursday of the month

Creating a space for meditation and turning it into a positive habit.

Join us each month to learn about the different types of meditation practices, their benefits to you and how you can include them in your daily life. Each month we will look at different ways to meditate with each session ending in a guided meditation.

Some great general interest and hobby groups brought to you by the Reablement Project and their volunteers.



Brand
New
Group

Classical Music Appreciation Group

**Every 3rd Thursday of the Month starting 17th June 2021
10.30am—11.30am, via Zoom**

Join us for our new monthly group from the Reablement team. Each month we will come together to share the music we like, look at the origins of classical music and look at what music is. This group is for anyone with an interest in music (especially classical) who would like to learn more, share their musical likes and dislikes and is up for monthly based music discussions with other carers.



Carers Book Club

Every 2nd Tuesday of the Month, 10.30am—11.30am, via Zoom

Our Carers Book Club has become a firm favourite in the Carers Centre calendar since it's launch in June last year. Each month a group of local carers come together to read a short story and chat about it via zoom. If you would like to join our monthly lively conversation, please do get in touch so we can send you a link for the latest text and instructions for joining the session.



Restarting
Summer
2021

Carers' Health Walks

Dates and Locations to be announced

We will be recommencing our Carers Health Walks over the summer, which will operate within current guidelines. We are also hoping to expand locations for our monthly health walk. To include some of the wonderful and beautiful places on our doorstep and to make the group more accessible to carers from across Brighton and Hove. For more information or to receive updates about our Health Walks restarting, please get in touch with the Carers Hub.

**For more information about any of our events or to register your interest
please call 01273 977000 or email info@carershub.co.uk
To keep up to date with our events please visit www.thecarerscentre.org/events**

While we are still not able to have our usual face to face meetings at venues across the city, why not join us at one of our regular groups over Zoom?

Each is attended by local carers in similar situations and is facilitated by a Carers Centre team member. To find out more about any of our groups, please do get in touch.



Carers' Weekly Coffee & Chat

Every Wednesday 10.30 am, via Zoom

Join us for our weekly coffee and chat sessions over Zoom.

Each week you will be able to meet and chat with other carers from around Brighton and Hove, and all sessions are supported by a Carers Centre staff member.



Carers who are supporters of people with mental health challenges

Coffee Meet Up

Every 2nd Monday of the Month, 10 am - 12 noon via Zoom

Come and have a cuppa and a chat with us and other carers who are supporters of people with mental health challenges.



LGBTQ+ Carers Peer Support

Every third Friday of the month, 11—12 noon via Zoom

Join our inclusion worker Louisa for our monthly virtual get together to chat and meet others in similar situations.



Learning Disabilities and/Autism Carers Peer Support Group
Coffee Meet Up

11am, Usually last Tuesday of the Month, via Zoom

Come and have a cuppa and a chat with us and other carers who help people with Learning Disabilities and/or Autism.



Working Carers (& Employers) Peer Support Coffee Meet Up

6pm, Last Wednesday of Month via Zoom

It is estimated that 1 in 8 employees are also family and friend carers.

Join our friendly group for an early evening cuppa and chat with other working carers, those seeking to return to work and employers.

**For more information about any of our events or to register your interest
please call 01273 977000 or email info@carershub.co.uk**

To keep up to date with our events please visit www.thecarerscentre.org/events



Every day
another 6,000
people take on
a caring
responsibility
in the UK


carershub.co.uk
information & support in Brighton & Hove

01273 977000